

AFRH - G MENU			
MENU #1 WEEK OF			
	BREAKFAST 0700-0900	LUNCH 1100-1300	SUPPER 1630-1830
M	FRESH BAKED CINNAMON ROLLS	CHICKEN GUMBO	SOUP DU JOUR
O	HOT OATMEAL/HOT GRITS	PINTO BEAN SOUP	MEATLOAF / TOMATO SAUCE
N	BLUEBERRY PANCAKES / WAFFLES	STEAK & CHEESE SANDWICH	BAKED FISH
D	EGGS TO ORDER	EGG SALAD	RICE / MSHD POTATOES / GRAVY
A	HASH BROWN POTATOES	SIMMERED BROCCOLI	CORNBREAD
Y	GRILLED HAM SLICES	FRENCH FRIES	TURNIP GREENS
	CREAMED SAUSAGE GRAVY	SALAD BAR #1	COUNTRY CORN
	BREAKFAST GRAVY	DESSERT BAR #1	SALAD/DESSERT BAR #1
T	BRAN MUFFINS	NAVY BEAN SOUP/CORNBREAD	SOUP DU JOUR
U	HOT OATMEAL/HOT GRITS	VEGETABLE SOUP	SALMON PATTIES
E	FRENCH TOAST	TURKEY CLUB SANDWICHES	NEW ENGLAND BOILED DINNER
S	EGGS TO ORDER	HAM SALAD	MACARONI AND CHEESE
D	OVEN FRIED BACON	POTATO CHIPS	FRENCH ROLLS
A	CORNED BEEF HASH	GREEN BEANS W/PIMENTO	STEAMED CABBAGE
Y	HASH BROWN POTATOES	SALAD BAR #2	BLACKEYED PEAS
	BREAKFAST GRAVY	DESSERT BAR #2	SALAD/DESSERT BAR #2
W	BLUEBERRY MUFFIN	CREAM OF MUSHROOM SOUP	SOUP DUJOUR
E	HOT OATMEAL/CREAM OF WHEAT	SPLIT PEA SOUP	FRIED SHRIMP
D	BUTTERMILK PANCAKES / WAFFLES	SHRIMP SALAD	POLISH SAUSAGE & PEPPERS
N	EGGS TO ORDER	ASSORTED PIZZA	OVEN ROASTED POTATOES
E	GRILLED SAUSAGE LINKS	BAKED POTATO	DINNER ROLLS
S	CREAMED CHIPPED BEEF	MIXED VEGETABLES	SQUASH MEDLEY
D	BAKED BEANS W/CORNBREAD	SALAD BAR #3	ITALIAN GREEN BEANS
A	BREAKFAST GRAVY	DESSERT BAR #3	SALAD BAR #3
Y	POTATO PANCAKES		DESSERT BAR #3
T	PECAN COFFEE CAKE	CREAM OF TOMATO SOUP	SOUP DU JOUR
H	HOT OATMEAL/HOT GRITS	RED BEANS W/SLICED SAUSAGE	PORK LOIN/SPICED APPLES
U	FRENCH TOAST	BLT SANDWICH	GRILLED CHOP'D STEAK/GRAVY
R	EGGS TO ORDER	STEAMED RICE	BAKED SWEET POTATOES
S	GRILLED CANADIAN BACON	TATER TOTS	SOUR DOUGH ROLLS
D	MINCED BEEF	SUCCOTASH	STEAMED RICE
A	O'BRIEN POTATOES	CORNBREAD	STEAMED BROCCOLI
Y	BREAKFAST GRAVY	SALAD BAR #4	WHOLE KERNEL CORN
		DESSERT BAR #4	SALAD/DESSERT BAR #4
F	FRESH BAKED CINNAMON ROLLS	CREAM OF BROCCOLI SOUP	SOUP DU JOUR
R	HOT OATMEAL/HOT GRITS	BLACK BEAN SOUP	FRIED CATFISH
I	SWEET POTATO P'CAKES/ WAFFLES	BBQ PORK SANDWICH	LASAGNA
D	EGGS TO ORDER	TUNA SALAD	MSHD POTATOES / RICE
A	GRILLED SAUSAGE LINKS	POTATO CHIPS	DINNER ROLLS
Y	CREAMED GROUND BEEF	CORN	GREEN BEANS
	LYONNAISE POTATOES	SALAD BAR #5	STEAMED CARROTS
	BREAKFAST GRAVY	DESSERT BAR #5	SALAD/DESSERT BAR #5
S	BANANA NUT MUFFINS	PEPPER POT SOUP	SOUP DU JOUR
A	HOT OATMEAL/CREAM OF WHEAT	CREAM OF POTATO SOUP	CHICKEN & DUMPLINGS
T	BUTTERMILK PANCAKES	COLD CUTS	ROAST BEEF / AU JUS
U	EGGS TO ORDER	CHICKEN SALAD / CROISSANTS	RICE / MSHD POTATOES / GRAVY
R	OVEN FRIED BACON	CORN CHIPS	STIR FRIED VEGETABLES
D	CORNED BEEF HASH	BRUSSEL SPROUTS	CREAM CORN
A	COTTAGE FRIED POTATOES	ASSORTED CHEESES	DINNER ROLL
Y	BREAKFAST GRAVY	SALAD / DESSERT BAR #6	SALAD/DESSERT BAR #6
S	BRAN MUFFINS	NEW ENGLAND FISH CHOWDER	SOUP DU JOUR
U	HOT OATMEAL/HOT GRITS	KNICKERBOCKER BEAN SOUP	SALISBURY STEAK
N	FRENCH TOAST / WAFFLES	CHICKEN FILETS	CHCKEN/SAUSAGE JAMBALAYA
D	EGGS TO ORDER	TURKEY SALAD	BAKED POTATO/SOUR CREAM
A	GRILLED SAUSAGE PATTIES	GLAZED CARROTS	STEAMED BEETS
Y	O'BRIEN POTATOES	FRENCH FRIES	FRENCH ROLLS
	CREAMED GROUND BEEF	SALAD BAR #7	STEAMED ASPARAGUS
	BREAKFAST GRAVY	DESSERT BAR #7	SALAD / DESSERT BAR #7

**DESSERT BAR SELECTIONS**  
 Popsicles, sherbet, SF gelatin, soft serve and cup yogurt both regular and FF/SF available at Lunch and Dinner

#01 - CHERRY PIE, VANILLA PUDDING, SUGAR FREE APPLE PIE  
 #02 - ANGEL FOOD CAKE, BUTTERSCOTCH PUDDING  
 #03 - FRUIT NUT BAR, SF TAPIOCA PUDDING  
 #04 - APPLE PIE, LEMON PUDDING, SUGAR FREE CHERRY PIE  
 #05 - PEACH COBBLER, BANANA PUDDING  
 #06 - CHOCOLATE CHIP COOKIES, CHOCOLATE MINT PUDDING, SUGAR FREE CHOCOLATE CHIP COOKIES  
 #07 - CARROT CAKE, COCONUT PUDDING

**GRILLED ITEMS AVAILABLE FOR LUNCH**

**U**GRILLED CHEESE SANDWICHES,  
**U**HAMBURGERS/CHEESEBURGERS

**U**GRILLED CHICKEN BREAST

**U**GRILLED HOT DOGS/SAUERKRAUT/CHILI

DIET MENU #1 - FOR THE WEEK OF

ALL CALCULATIONS ARE BASED ON A 3 OZ. MEAT SERVING, ONE CUP OF SOUP, ½ CUP SERVING OF STARCHES, FRUITS AND VEGETABLES. \*INDICATES A MENU ITEM PREPARED WITH EXTRA LEAN GROUND BEEF. ALL RESIDENTS ARE ENCOURAGED TO SELECT A RAW VEGETABLE SALAD AT EACH MEAL.

SF = SUGAR FREE		LF = LOW FAT ITEM		LS/LF = LOW SODIUM/LOW FAT		
	BREAKFAST 0700-0900	CAL	LUNCH 1100-1300	CAL	SUPPER 1630-1830	CAL
MON	HOT OATMEAL/GRITS	85	PINTO BEAN SOUP	100	PINTO BEAN SOUP	100
	SCRAMBLED EGGBEATERS	45	CHICKEN BURGER (4 OZ)	170	OVEN FRIED FISH	160
	HARD BOILED EGGS (2)	160	STEAMED BROCCOLI	30	BROWN RICE	80
	STEWED PRUNES (3)	60	WHOLE BABY CARROTS	30	TURNIP GREENS	30
	SLICED HAM	210			WHOLE KERNEL CORN	85
	VEG/CHEZ/BACN FRITTATA	185				
TUE	HOT OATMEAL/GRITS	85	NAVY BEAN SOUP	100	NAVY BEAN SOUP	100
	SCRAMBLED EGGBEATERS	45	SLICED TURKEY	150	BAKED SALMON PATTIES	190
	HARD BOILED EGGS (2)	160	SPINACH	25	LF MACARONI/CHEESE	120
	STEWED PRUNES (3)	60	STEAMED BEETS	28	CABBAGE	25
	LF/LS SAUSAGE LINKS	80	GRAVY	50	BLACKEYED PEAS	90
WED	HOT OATMEAL	85	SPLIT PEA SOUP	100	SPLIT PEA SOUP	100
	HOT CREAM OF WHEAT	85	BAKED POTATO	80	STUFFED PASTA SHELL	220
	SCRAMBLED EGGBEATERS	45	LF SHRIMP SALAD	135	SQUASH MEDLEY	30
	HARD BOILED EGGS (2)	160	MIXED VEGETABLES	30	ITALIAN GREEN BEANS	27
	STEWED PRUNES (3)	60	ASPARAGUS TIPS	30	DINNER ROLLS	80
	BAKED BEANS	85				
THU	HOT OATMEAL/GRITS	85	RED BEAN SOUP	100	RED BEAN SOUP	100
	SCRAMBLED EGGBEATERS	45	LF GRILLED CHEESE SAND	250	PORK LOIN W/GRAVY	210/50
	HARD BOILED EGGS (2)	160	STEAMED RICE	80	BAKED SWEET POTATO	80
	STEWED PRUNES (3)	60	CALIFORNIA MIX	36	STEAMED BROCCOLI	25
	CREAMED GROUND TURKEY (1/4 CUP)	90	SUCCOTASH	80	WHOLE KERNEL CORN	80
					SOUR DOUGH ROLL	130
FRI	HOT OATMEAL/GRITS	85	CREAM OF BROCCOLI SOUP	135	CREAM OF BROCCOLI SOUP	135
	SCRAMBLED EGGBEATERS	45	LF TUNA SALAD	135	BAKED CATFISH	160
	HARD BOILED EGGS (2)	160	COLLARD GREENS	30	MASHED POTATOES	80
	STEWED PRUNES (3)	60	CAULIFLOWER	25	GREEN BEANS	27
	SLICED HAM	210	SF APPLE COBBLER	180	STEAMED CARROTS	25
					DINNER ROLLS	80
SAT	HOT OATMEAL	85	PEPPER POT SOUP	75	PEPPER POT SOUP	75
	CREAM OF WHEAT	85	LF HAMBURGER	180	SLICED ROAST BEEF	230
	SCRAMBLED EGGBEATERS	45	BUN	160	BROWN RICE	80
	HARD BOILED EGGS (2)	160	BRUSSEL SPROUTS	30	STIR FRIED VEGETABLES	32
	STEWED PRUNES (3)	60	BAKED BEANS	85	CREAMED CORN	80
	SWT POTATO PANCAKE (1)	105			DINNER ROLL	80
SUN	HOT OATMEAL/GRITS	85	KNICKERBOCKER BEAN	96	KNICKERBOCKER BEAN	96
	SCRAMBLED EGGBEATERS	45	LF TURKEY SALAD	140	* SALISBURY STEAK	225
	HARD BOILED EGGS (2)	160	TURNIP GREENS	30	BAKED POTATOES	80
	STEWED PRUNES (3)	60	SIMMERED CARROTS	25	ASPARAGUS TIPS	30
	LS/LF SAUSAGE PATTIES	115			STEAMED BEETS	28
					FRENCH ROLL	130

BREAKFAST STANDARD MENU ITEMS

BOILED EGGS, PRUNES, BAGELS, BISCUITS, ENGLISH MUFFINS, WAFFLES, FRUIT COCKTAIL, SYRUP, SF SYRUP, HONEY, JAMS, JELLIES, SF JELLY, PEANUT BUTTER, ASSORTED JUICES, BANANAS, GRAPEFRUITS, ASSORTED FRUITS, CREAM CHEESE, VEGETABLE BURGERS AND TOAST.

STANDARD MENU ITEMS - ALL MEALS

ASSORTED BREADS AND DRY CEREALS, LEMONADE, ASSORTED MILK BEVERAGES AND SOFT DRINKS (REGULAR AND DIET), REGULAR AND DECAFFINATED COFFEE, TEA BAGS, UNSWEETENED TEAS, SLICED LEMONS

STANDARD SALAD BAR FOR LUNCH AND DINNER

LETTUCE garnished w/romaine leaves SLICED TOMATOES CELERY STICKS GREEN ONIONS CARROT STICKS DILL PICKLE SLICES SWEET PICKLES CUCUMBERS SLICED ONIONS CHEESE JALAPENO PEPPERS

ROTATING SALAD BAR ITEMS FOR LUNCH AND DINNER

<u>Monday, Wednesday, Friday,</u>	<u>Tuesday, Thursday, Saturday</u>	<u>Sunday</u>
Beets, Sliced Green Peppers, Broccoli, Shredded Carrots, Garbanzo Beans, Green Olives	Pickled Beets, Black Beans, Chopped Green Peppers, Whole Black Olives, Cauliflower, Chopped Celery	Beets, Black Eye Peas, Sliced Black Olives, Broccoli, Sliced Green Peppers Shredded Carrots

STANDARD DRESSINGS

DIET FRENCH DRESSING	DIET ITALIAN DRESSING	DIET RANCH DRESSING
BLUE CHEESE DRESSING	DIET THOUSAND ISLAND DRESSING	OIL & VINEGAR

DAILY SALAD BAR

#01	MARINATED SALAD, CHUNK PINEAPPLE, SUGAR FREE GOLDEN GLOW
#02	POTATO SALAD, SLICED PEACHES, SUGAR FREE STRAWBERRY GELATIN

- #03 CARROT/RAISIN SALAD, SLICE PEARS, SUGAR FREE ORANGE GELATIN
- #04 WALDORF SALAD, SLICED APRICOTS, SUGAR FREE RASPBERRY GELATIN
- #05 COUNTRY STYLE TOMATO SALAD, SLICED PINEAPPLE, SUGAR FREE LIME GELATIN
- #06 MACARONI SALAD, SLICED PEACHES, SUGAR FREE CHERRY GELATIN W/FRUIT
- #07 THREE BEAN SALAD, SLICED PEARS, SUGAR FREE PEACH GELATIN